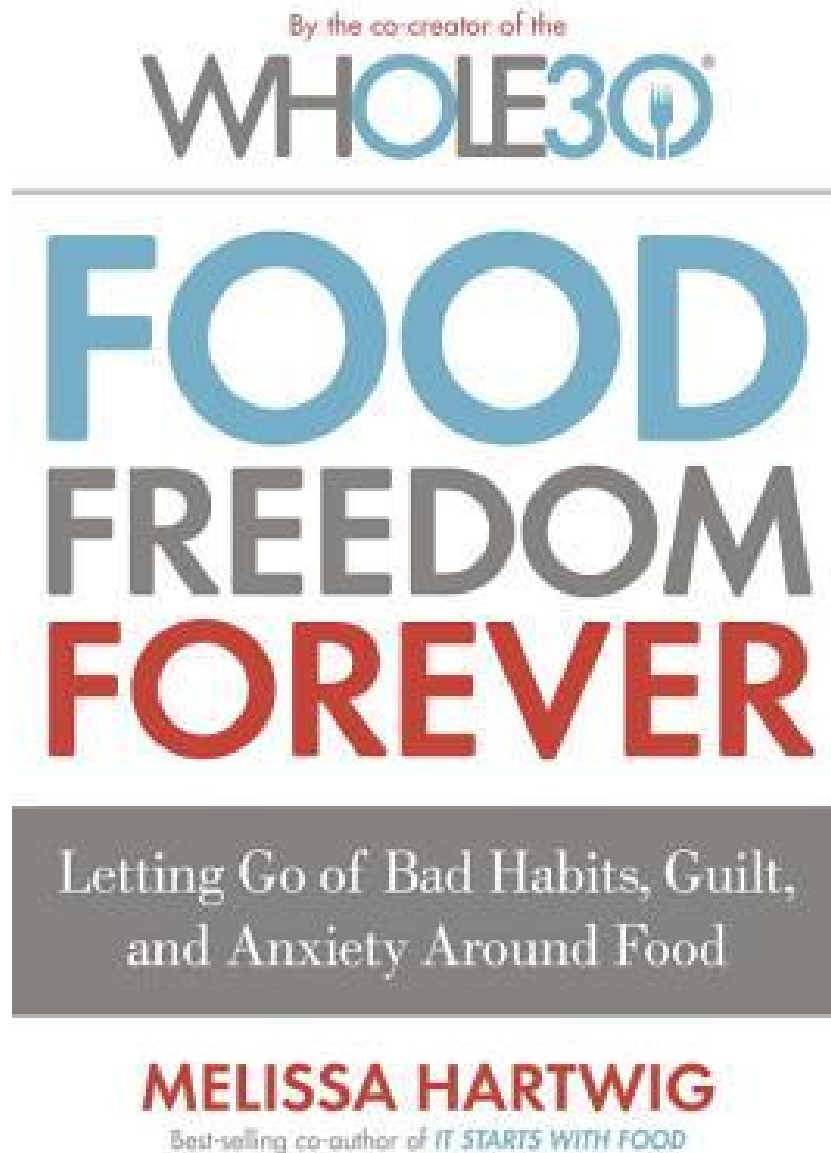


Food Freedom Forever: Letting Go of Bad Habits, Guilt, and Anxiety Around Food Book PDF Download



By:
Melissa Hartwig

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What people Say:

Ada-Marie

So, I loved my Whole30 experience and have a serious girl crush on Melissa Hartwig, but I didn't love this book. The topic makes a great blog post thesis, but a 233 page book it does not make. The first third alone is a 'quick' rehash of Whole30. There are a few bright spots - I really enjoyed the section on willpower and sleep, but most of the book is just very repetitive.

Spuddie

I received this book at a very opportune time--when I was struggling to get back on my eating plan, which is very similar to the Whole30 reset that the author co-developed. I haven't read her other books but was interested in this one, as I find myself continuing to label my food choices as 'good' or 'bad' and thinking of my choices in terms of moral decisions rather than just choosing what I am fueling my body with. I'm not someone who has historically paid a whole lot of attention to the psych

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fueling my body with. I'm not someone who has historically paid a whole lot of attention to the psychological side of eating or my relationship with food, although I've thought about it some in the past, it's usually been within the context of how to trick myself into staying on track instead of actually THINKING about it and making conscious decisions on what to eat. As long as I "followed the rules" things went swell. And when I didn't, being an all-or-none type of person, things went pear-shaped...including me!

So i found this book very refreshing. Looking at doing a reset (Whole30 or otherwise) and then reintroducing...and failing, and developing strategies for using the slips as part of the process, of learning from it, and to give yourself freedom from basing your opinion of yourself based on what you eat or the amount of willpower you have. I got a lot out of the first reading, the author's humor and easy-reading style--and tough love--made it easy to get through. But it's a book I'll keep as a reference and keep referring to, because this really is a process.

Amanda

Reading this as a four-year, many-times Whole30 veteran, I think this book will be very helpful for newcomers. I HIGHLY recommend it to anyone doing (or thinking of doing) their first Whole30.

So why only 4 stars? It frustrated me that the "food freedom" nirvana she speaks of reaching is kind of the same cycle I have been going through on my own since beginning the W30 lifestyle. I was hoping for some kind of profound wisdom that would eliminate my need completely to return to a reset a couple ti

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So why only 4 stars? It frustrated me that the "food freedom" nirvana she speaks of reaching is kind of the same cycle I have been going through on my own since beginning the W30 lifestyle. I was hoping for some kind of profound wisdom that would eliminate my need completely to return to a reset a couple times a year. Melissa talks about walking to a cupcake place on her birthday, then turning around after deciding, nah, don't really want one after all. THAT'S where I want to be! I still want something sweet pretty much 90% of the time and when the craving's really tough, any junk is "worth it". How do you get to a place of deeming the 3 yearly creme eggs your mom sends as special, as exclusive? How do you NOT want to go to the store and buy some more when those 3 are gone? They ARE delicious, aren't they?

I do suppose my expectations were a little high, huh? ;)

All this being said, there are some really great tips. I want to make a business card-sized cheat sheet of the steps to go through before consuming an off-plan food. And like I said, I think this book is an EXCELLENT companion to the Whole30, especially for newcomers! I really wish I'd had all this info during my first W30 - especially the parts about dealing with friends, family, & coworkers.

Lisa Domeshek

not a lot of new practical information. Not convinced she still does not have an eating disorder although I still love her and the whole 30

Katie

This book is exactly what I've been looking for. The Whole30 program is great, but it's the tiniest little blip of your whole life. This book tells you how to live with food and talk to people about food and make decisions about food. It really gives you tools to make good decisions about food. This book is encouraging and gives me hope.